## Who is at high risk of flu complications?

**INFLUENZA** (flu) is a serious disease of the lungs. It can make you sick for a week or longer with coughing, fever, aching, and more. And it can lead to pneumonia. Almost everyone will benefit from flu vaccine, but some people have a greater need.

You could be one of them.

## Many people are in danger of being hospitalized or even dying:

**People** who are 65 years old or older

**People with** chronic (on-going) or long-term health problems

Women who are at least 3 months pregnant during flu season

> **Infants aged** 6 months to 23 months

If you live with or take care of people like these, you also should get a flu vaccine. When you protect yourself, you help protect your family and friends.

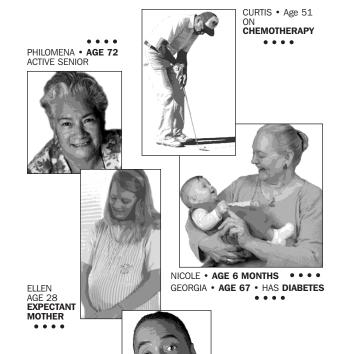
Even if you are active and in excellent health, you have a higher risk of flu complications if you get the flu. Each year over 36,000 people in the U.S. die because of the flu-most are 65 or older.

You may look and feel healthy, but if you have a condition like diabetes. heart disease, kidney disease, or asthma, you are more likely to have complications from the flu. If your immune system is weakened by longterm problems like cancer or HIV/AIDS, you are also in need of protection.

You are more likely to have complications from the flu when you are pregnant. Protect yourself and your baby by getting vaccinated. (Flu season is typically November though March.)

Children under 2 years old have one of the highest rates of hospitalizations due to flu complications.







ROLAND • AGE 45 HEART DISEASE

RITA • AGE 15 HAS ASTHMA



• • • • AGE **11 MONTHS** TAKING HIS FIRST STEPS

**Department of Health** and Human Services **Centers for Disease Control** 



